Assembly Guide

9.23 / 9.27

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you could void the Precor Limited Warranty.

Important (240 volt 9.27 model only): *If the power cord attached to your equipment is not compatible with your local power plug standards, the container should also include a power cord for your region. You will need to install this cord in place of the one attached to the equipment. If you need such a cord and it was not included with your treadmill, please contact your Precor dealer for the correct Precor power cord. For a list of authorized Precor dealers in your area, please contact Customer Support at www.precor.com.*

Obtaining Service

Do not service the treadmill except for minor belt adjustments and maintenance tasks as described in the owner's manual. For more information regarding customer support numbers or a list of Precor authorized service dealers, visit the Precor web site at www.precor.com.

Unpacking the Equipment

The unit is shipped in one box. Ask for help from two or more people to unpack and assemble the treadmill. If any items are missing, contact your dealer.

Required Tools

- Phillips-head screwdriver
- Crescent wrench
- Level
- Wire cutter

Installation Requirements

CAUTION: You will need assistance to assemble this unit. *DO NOT attempt assembly by yourself.*

Follow these installation requirements when assembling the unit:

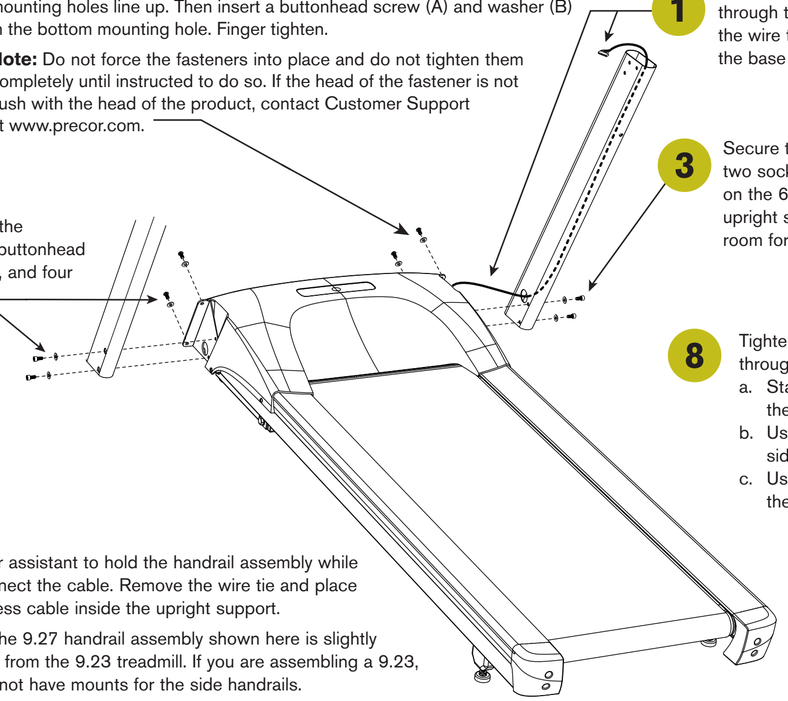
- **Assemble the unit near the location where you plan to use it and provide ample space around the unit.** ***Important:*** *Consult your owner's manual for proper placement of your equipment.*
- **Make sure that the power switch is OFF and that the treadmill is not plugged into a power source.** Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position.
- **Assemble unit on a solid, flat surface.**
- **Assemble the treadmill in the sequence presented in this guide.**
- **If you plan to move the unit, obtain help and use proper lifting techniques.** Grasp the rear end of the treadmill or either side of the running belt. Lift the treadmill and roll it on its front wheels. Do not grasp any other plastic part while lifting or moving the unit. The other plastic parts are not reinforced and they may break.

CAUTION: The On/Off switch is located beneath the hood on the base frame. Make sure the power switch is in the Off position and the power cord is disconnected from its power source.

1 Unwind the wire tie from the base of the right upright support and feed it through the large hole. Unwrap the cable and secure it to the wire tie. Pull the wire tie and cable through the upright support as you position it against the base frame side bracket.

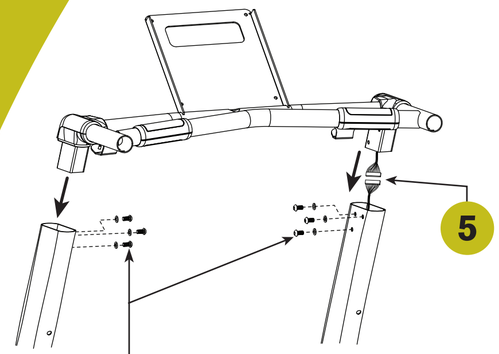
2 Ask your assistant to insert a buttonhead screw (A) and washer (B) into the top mounting hole on the front panel. Thread the screw so the other mounting holes line up. Then insert a buttonhead screw (A) and washer (B) in the bottom mounting hole. Finger tighten.

Note: Do not force the fasteners into place and do not tighten them completely until instructed to do so. If the head of the fastener is not flush with the head of the product, contact Customer Support at www.precor.com.



3 Secure the upright support to the base frame side bracket using two socket head screws (C) and washers (B). Place each screw on the 6mm T-handle hex key and insert it through the cutout in the upright support. Wrench tighten so the upright is stable, but leave room for adjustments.

4 Attach the left upright support following the procedures in steps 2 and 3, using two buttonhead screws (A), two socket head screws (C), and four washers (B). Finger tighten.



5 Ask your assistant to hold the handrail assembly while you connect the cable. Remove the wire tie and place any excess cable inside the upright support.

Note: The 9.27 handrail assembly shown here is slightly different from the 9.23 treadmill. If you are assembling a 9.23, you will not have mounts for the side handrails.

6 Have your assistant lower the handrail assembly onto the upright supports. Tip the assembly slightly forward so the lip of each handrail cap rests on the upright support. Align the mounting holes and insert six buttonhead screws (A) and six washers (B). Finger tighten.

Important: *Make sure the fasteners do not pinch the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

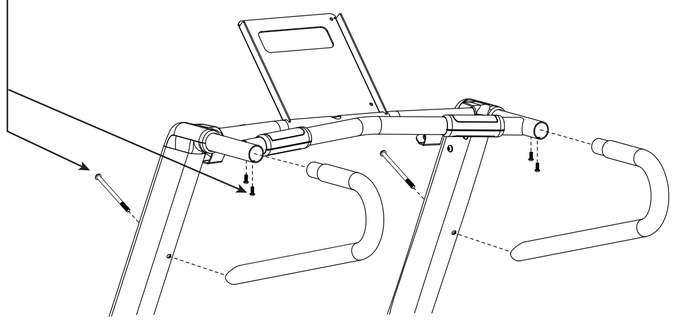
Note: To attach the handrails to the 9.27, perform step 7 installing one handrail at a time. If you have a 9.23, skip to step 8.

7 Attach the handrails (9.27 model only)

a. Attach the base of the handrail to an upright support using one long buttonhead screw (F). Insert the long buttonhead screw through the upright support, and then slide the handrail stub into the center handrail while you thread the long screw into the base of the handrail.

CAUTION: Use your fingers to properly align and thread the long screw into the mounting hole. This will help avoid cross-threading.

b. Insert two buttonhead screws (D) to secure each handrail stub to the center handrail. Wrench tighten all the handrail screws with a 4 mm hex key.

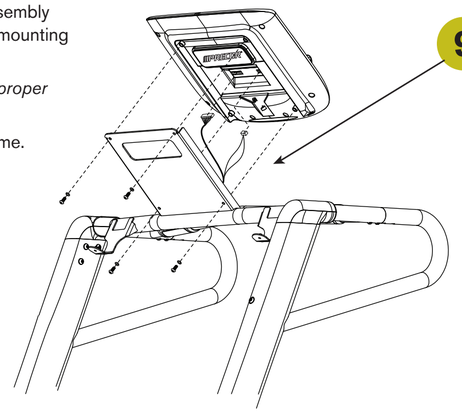


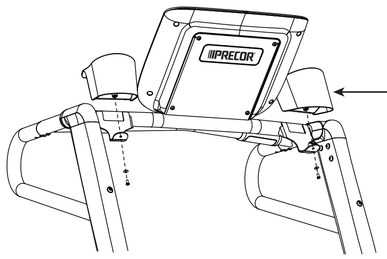
8 Tighten all mounting screws. Refer to the illustrations for steps 2 through 7.

a. Start at the base and use the 5 mm hex key to alternately tighten the 4 front panel screws.
b. Use the 6 mm T-handle hex key to wrench tighten the 4 socket head side bracket screws.
c. Use the 5 mm hex key to wrench tighten the six screws that secure the handrail extensions to the upright supports.

9 Install the display console.

a. Remove the display console from its box and protective packaging.
b. Cut any wire ties that secure the cables to the center handrail.
c. Ask your assistant to hold the display console above its mounting bracket while you connect the cables to their appropriate receptacles on the back of the display console. Tabs exist on each connector so you can align it properly.
d. Secure the cables under the clips in the indented area on the back of the display console and lower the display console onto its bracket.
e. Feed any excess cable into the center handrail.
f. Align the four mounting holes and secure the display console with four buttonhead screws (D) and four washers (E). Wrench tighten using a 4 mm hex key.





10 Slide the two water bottle holders onto their brackets and secure each with a buttonhead screw (G) and washer (H). Tighten each screw with a Phillips-head screwdriver.

Note: In the 9.27 packaging, you will find a chest strap. Refer to the QUICKSTART card to learn how to use it. If you are interested in purchasing a chest strap for the 9.23, refer to *Obtaining Service.*

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Low-Impact Treadmills

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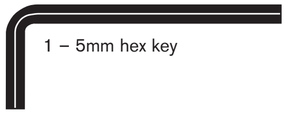
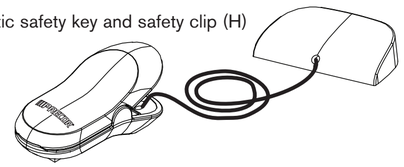
Assembly Guide

Hardware Kit (not to scale)

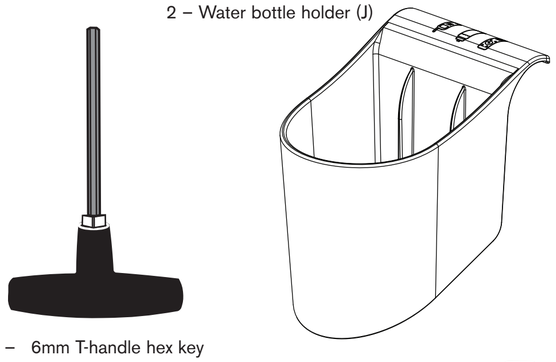
Fasteners		9.27	9.23
	(A) Buttonhead screw (M8 x 1.25 x 15L)	10	10
	(B) Washer (014 x 08.4 x 1.5t)	14	14
	(C) Socket head screw (M8 x 1.25 x 15L)	4	4
	(D) Buttonhead screws (M6 x 1.0 x 15L)	8	4
	(E) Washer (013 x 06.5 x 1.0t)	4	4
	(F) Buttonhead screw (M8 x 130mm)	2	
	(G) Buttonhead screw (M5 x 0.8 x 10L)	2	2
	(H) Washer (012 x 05.2 x 1.0t)	2	2



1 – Magnetic safety key and safety clip (H)



2 – Water bottle holder (J)



1 – 6mm T-handle hex key

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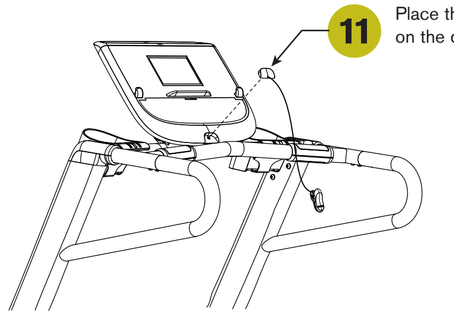
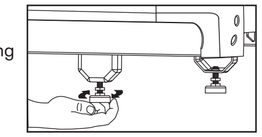


11 Place the magnetic safety key (H) into the cutout on the display console.

12 Before using the unit, make sure it is level. If adjustments are needed, adjust one rear foot at a time. Do not raise the unit more than ½-inch (1.2 cm) off the floor.



a. Ask a capable assistant to lift the rear portion of the treadmill (using proper lifting techniques).
b. Loosen the upper lock nut with a crescent wrench and rotate the rear feet as needed.
c. Retighten the lock nut and lower the treadmill to the floor.

13 Check the alignment and adjust the running belt. For instructions, refer to *Checking the Alignment and Adjusting the Running Belt.* If you want to test the heart rate feature, refer to the Owner's Manual.

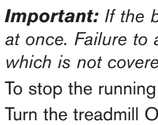
Replacing the Power Cord (240 volt 9.27 model only)

If the power cord attached to your equipment is not compatible with your local power plug standards, the container should also include a power cord for your region. You will need to install this cord in place of the one attached to the equipment. If you need such a cord and it was not included with your treadmill, please contact your Precor dealer for the correct Precor power cord. For a list of authorized Precor dealers in your area, please contact Customer Support at www.precor.com.

CAUTION: Before changing power cords, make sure the power is OFF and unplug the treadmill from the power outlet.

To change the power cord:

1. Loosen and remove the two screws that attach the power cord clamp assembly to the treadmill.
2. Remove the current power cord from the clamp assembly and replace it with the appropriate power cord.



3. Reattach the clamp assembly to the treadmill by plugging the power cord into the treadmill and reattaching the two screws to hold it firmly in place.

WARNING **Ensure the cord is connected securely and that the two screws are tight. Failure to do so may create a risk of damage to the equipment.**

Checking the Alignment and Adjusting the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few minor adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

To check the alignment:

CAUTION: Special care must be taken when aligning the running belt. Turn Off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. The treadmill has adjustable rear feet. Make sure that the running surface is level before aligning or adjusting the running belt. Refer to assembly step 12.
2. Connect the power plug to a dedicated 15 amp power source and turn the unit On.
3. Stand beside the treadmill and press QUICKSTART. The running belt starts automatically after the 3-second countdown appears on the display.
4. Press the SPEED UP arrow key until the display shows a speed of 3 mph (5kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP key and contact Precor Customer Support.
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should remain centered along the running bed. If the belt drifts off center, you must make adjustments. Refer to the next section.

   Important: *If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press STOP.
7. Turn the treadmill Off.

To adjust the running belt:

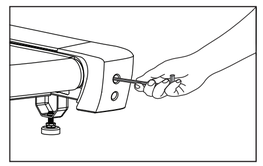
If you are unsure about adjusting the running belt, contact Precor Customer Support. Refer to *Obtaining Service*.

For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill.

   To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the ***right rear corner bolt*** using a ¼-inch or equivalent mm hex key.

   - If the belt is off center, to the LEFT, turn the adjusting bolt ¼ turn *counterclockwise*, which moves the running belt to the right.
   - If the belt tracks off center to the RIGHT, turn the bolt ¼ turn *clockwise*; this moves the belt to the left.



   Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*
2. Recheck the alignment of the running belt.

QUICKSTART™

CAUTION: Before using the treadmill, read all these instructions. Failure to do so may result in serious injury.

- Do not allow children or those unfamiliar with its operation, on or near this equipment.
- Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.
- At the beginning of a workout, straddle the belt by placing your feet firmly on the right and left staging platforms.
- Always face the display and use the handrail for balance. Never attempt to turn around on the treadmill while the running belt is moving.
- If you feel pain, faintness, or dizziness, stop exercising immediately.

Using the Safety Clip

Always attach the safety clip to your clothing before each workout. A tug on the lanyard activates the safety switch inside the display and stops the running belt.

If the safety switch is activated while you are exercising, the treadmill does not retain your workout statistics. To resume your workout, reattach the magnetic safety key to the console, attach the safety clip to your clothing, and select a program while the banner scrolls across the display.

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Low Impact Treadmills

Workout Tips

- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.
- To display your heart rate, use both hands to grasp the touch-sensitive handrail grips.
- At the beginning of a workout, take several minutes to bring your heart rate into your target zone (shown in Diagram A on the other side of this card).
- Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness and soreness.

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Beginning Your Workout with QUICKSTART

To begin exercising immediately without personalizing your exercise session, take the following steps.

1. Turn On the treadmill, using the power switch located beneath the front of the unit, near the power cord.
2. Step on the treadmill. Face the display and straddle the running belt.
3. Attach the safety clip to your clothing. Make sure the magnetic safety key is in position on the display console.
4. Hold the handrail with one hand and press QUICKSTART with the other.

   Audible beeps occur, a 3-second countdown appears, and then the running belt starts moving. The Manual Program begins.
5. Step on to the running belt with the speed at 1 mph (1 kph), and begin exercising.
   - To increase or decrease the incline or speed, use the INCLINE or SPEED arrow keys.
   - To pause, hold onto a handrail with one hand while you press the red STOP button with the other. Follow the display prompts.

   Note: When you reach your time or distance goal, you automatically enter a cool-down period.
6. Complete the cool-down period and a workout summary presents your exercise session statistics. The display presents your average heart rate, and cumulative calories, distance, and workout time.
7. Remove the safety clip from your clothing and hold on to a handrail as you step off the treadmill.
8. To prevent unauthorized use, turn the treadmill Off.

   Note: To personalize your exercise experience, refer to *Workout Options* in the owner's manual.

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Choosing a Program

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start a cardio-conditioning program to slowly adjust your body to a comfortable level of exercise. Over a recommended 8-week period, you will increase your endurance and strength while improving flexibility.

If you have been exercising and feel that you have reached an intermediate or advanced fitness level, you probably have established goals for yourself.

For all fitness levels, plan to exercise at a comfortable pace for 20 to 30 minutes a day. To monitor your heart rate, use the touch-sensitive grips. Supplement your plans with fitness workouts from the Precor web site (www.precor.com). The Precor web site also provides expert advice to help you reach your fitness goals.

Using the Touch Heart Rate Feature

Note: Touch heart rate performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors are clean to ensure proper contact can be maintained.

To use the touch heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. To ensure a more accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heart beats (15-20 seconds) for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the handheld grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age. (Diagram A).

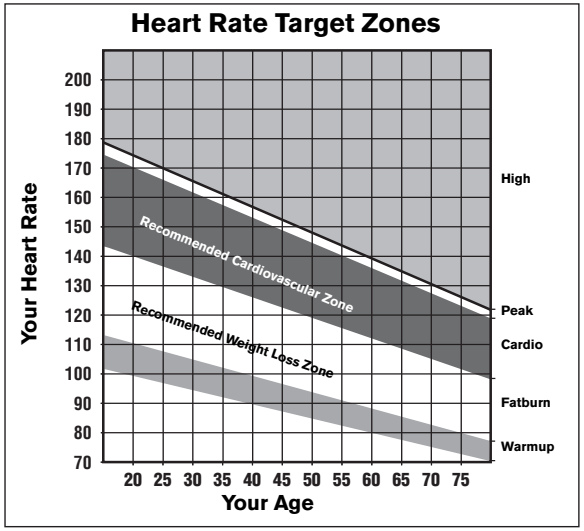

Diagram A

Using a Chest Strap Transmitter

WARNING **Signals used by the Chest Strap Transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your Chest Strap Transmitter and implanted device before using a Chest Strap Transmitter.**

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

To use a chest strap:

1. Carefully dampen the back of the strap with tap water.

   Important: *Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.*

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
3. Make sure that the chest strap is right side up, lies horizontally across, and is centered in the middle of your chest (Diagram B).

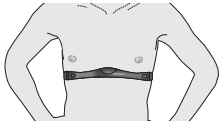

Diagram B

4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

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Owner's Manual

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Low Impact Treadmills

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Important Safety Instructions

Read the following precautions thoroughly before using the treadmill, and save them afterward for future reference. These instructions are written for your safety and to protect the unit.

DANGER **To reduce the risk of electrical shock always unplug the treadmill from the electrical outlet immediately after using and before cleaning.**

Important: (240 volt 9.27 model only) *If the power cord attached to your equipment is not compatible with your local power plug standards, the container should also include a power cord for your region. You will need to install this cord in place of the one attached to the equipment. If you need such a cord and it was not included with your treadmill, please contact your Precor dealer for the correct Precor power cord. For a list of authorized Precor dealers in your area, please contact Customer Support at www.precor.com.*

Safety Precautions

Always follow basic safety precautions when using the treadmill to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Equipment Weight Restrictions: Do not exceed the maximum specified user weight of 350 pounds (160 kg).
- Use care when getting on or off the treadmill. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1 kilometer per hour (kph). Never step off the treadmill while the running belt is moving.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not lean on or pull on the console at any time.
- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- On treadmills, straddle the running belt and attach the safety clip to clothing at waist level before touching the control console.

  Important: *For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1.6 kilometers per hour).*

- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects to the magnetic safety key. If you encounter difficulties, a strong tug on the lanyard disengages the magnetic safety key and stops the running belt.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- When the treadmill is not in use, disconnect the unit by turning the power switch to the Off position, and then remove the power plug from the power outlet.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.

- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Proper Location for Equipment
  - For all equipment other than treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
  - For treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the Maintenance section of the assembly and maintenance guide. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.

- If you plan to move the equipment, obtain help and use proper lifting techniques. Refer to the "Moving the Equipment" section of the assembly and maintenance guide.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guides before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Grounding Instructions

The treadmill must be grounded. If the unit malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The unit is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the treadmill could void the Precor Limited Warranty.

DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.**

Replacing the Power Cord (240 volt 9.27 model only)

Important: *Please check that the plug included with your treadmill is appropriate for your location. You will need to install this cord in place of the one attached to the equipment. If you need such a cord and it was not included with your treadmill, please contact your Precor dealer for the correct Precor power cord. For a list of authorized Precor dealers in your area, please contact Customer Support at www.precor.com.*

CAUTION: Before changing the power cords, make sure the treadmill power is OFF and unplug the treadmill from the power outlet.

To change the power cord:

1. Loosen and remove the two screws that attach the power cord clamp assembly to the treadmill.

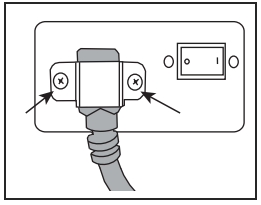

Figure 1: Location of clamp assembly screws

2. Remove the current power cord from the clamp assembly and replace it with the appropriate power cord.

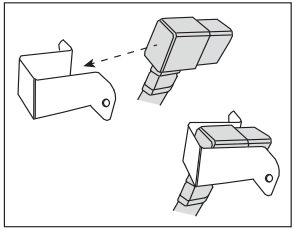

Figure 2: Replacing the power cord in clamp assembly

3. Reattach the clamp assembly to the treadmill by plugging the power cord into the treadmill and reattach the two screws to hold it firmly in place.

WARNING **Ensure the cord is connected securely and that the two screws are tight. Failure to do so may create a risk of damage to the equipment.**

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment.

Federal law requires proper disposal of these batteries. If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class H/B compliant equipment)

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

The treadmill has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Réglement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

Electrical Recommendations: 120 V and 240 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

CAUTION: Use the supplied and appropriate power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the treadmill into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and will void the Precor Limited Warranty. If an appropriate cord for your location was not included with your treadmill, please contact your Precor dealer for the proper Precor power cord. For more information on authorized Precor dealers in your area, please contact Customer Support at www.precor.com.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a dedicated individual branch circuit with a capacity of at least 15 amps for 120 V or at least 10 amps if designed for 240 V. If you need additional help with the power connections contact your Precor authorized dealer.

Obtaining Service

You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord. Refer to Figure 3.

Model #: _____ Serial #: _____

Date purchased: _____

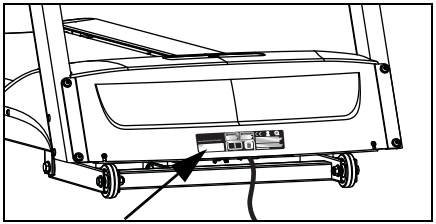

Figure 3: Location of serial number

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Safety clip and magnetic safety key
- Handrails
- Power switch

Important: *Before exercising, review the* Important Safety Instructions *found at the beginning of this manual.*

Using the Safety Clip

Attach the safety clip to your clothing before each workout. Refer to Figure 4. A tug on the lanyard disengages the magnetic safety key and trips the safety power switch inside the display console that stops the running belt and ends your exercise session.

Note: If the safety power switch trips, the treadmill does not retain your workout statistics.

To resume exercising, take the following steps:

1. If needed, reattach the safety clip to your clothing and the magnetic safety key onto the display console.
2. Straddle the running belt.
3. Press QUICKSTART or select a program.
4. Hold onto a handrail while you step on to the running belt with the speed at or below 1 mph (1.6 kph).

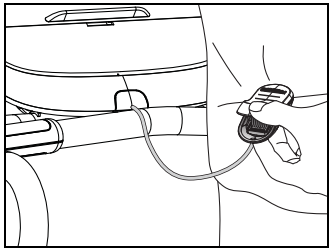


Figure 4: Attach the safety clip to your clothing

Important: *To prevent unauthorized use, remove the magnetic safety key and safety clip after your workout and store it in a safe place. The treadmill cannot operate unless the magnetic safety key is attached to the display console.*

Using the Handrails

To maintain your balance, always grasp a handrail when you step on or off the treadmill, and when you use the keypad.

To learn more about the touch-sensitive heart rate grips, refer to *Heart Rate Features*.

Turning the Unit On and Off

To turn the unit On and Off, use the power switch located at the front of the unit, near the power cord connection. Refer to Figure 5.

Important: *Always turn the treadmill OFF and unplug the treadmill when it is not in use. Do not leave children unsupervised around the equipment.*

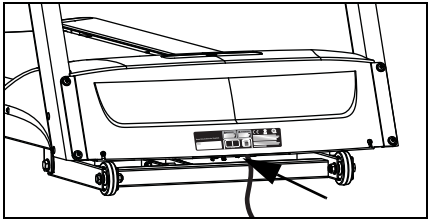


Figure 5: Location of power switch

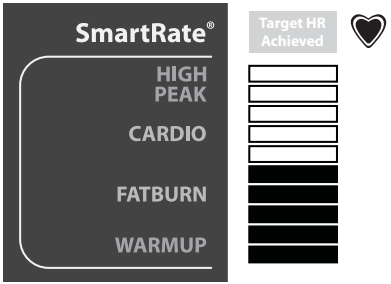
Using the Reset Switch

The treadmill contains a circuit breaker that trips if it detects overload conditions. To protect the lower electronic boards from damage, a red button, near the power switch, must be pressed to reset the circuit breaker. For more information, refer to *Advanced Programming and Troubleshooting*.

Location

To prevent damage to the lower unit, locate your treadmill away from heating ducts. For safety and maintenance purposes, it is important to keep the area around the treadmill open and free from encumbrances such as other equipment. Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.

Heart Rate Features



Heart rate and SmartRate® features are available when you grasp both touch-sensitive heart rate grips or wear a chest strap on the 9.27 treadmill. When a heartbeat is detected, the heart icon continues to blink while a heart rate is discernible. If no heart rate is detected, the outline around the heart icon remains lit and does not blink. During a workout, a number representing your heart rate is displayed.

Important Use and Safety Information

Read the following before using the heart rate or SmartRate features.

CAUTION: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. If it does, immediately slow down and adjust the ramp incline or resistance to return to your physical recommended target zone.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate programs until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Figure 6.

- The calculation used for the heart rate target zone is (220 minus your age) multiplied by a percent and is controlled by the user increasing or decreasing the incline.

  For example:
  Fat Burn program: (220 minus your age) multiplied by 65%

  Cardio program: (220 minus your age) multiplied by 80%

  Refer to Table 1 in *Using SmartRate*.
- If you are using a chest strap on the 9.27 model, put it on and face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.
- If the ♥ icon does not blink, the treadmill cannot detect your heart rate. Every SmartRate bar is lit. Make sure the chest strap is positioned properly around your chest and against your skin.
- If you prefer to use the touch-sensitive heart rate grips, grasp both touch-sensitive heart rate grips and wait five to ten seconds. Make sure both hands are moist.

  Note: When a signal is detected, a number appears in the HEART RATE display and indicates your heart rate.
- Always face forward on the treadmill and use the handrail for balance. Keep upper body movement to a minimum.

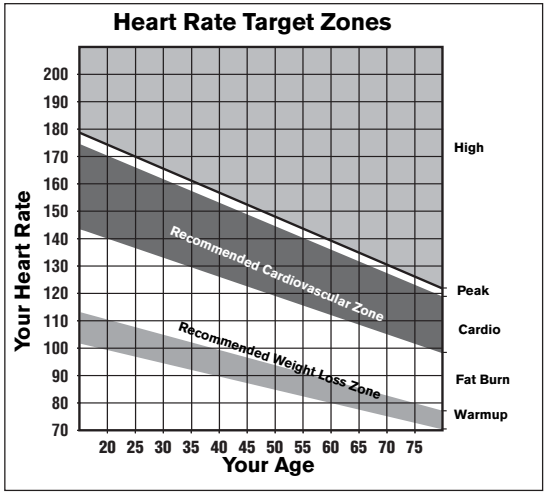


Figure 6: Heart rate target zones

Exercise to Your Target Heart Rate

A heart rate receiver is an integral part of the display so you can monitor your heart rate while exercising. You must wear a chest strap (9.27 model only) or grasp both touch-sensitive heart rate grips and enter your age. Your heart rate (beats per minute) appears on the display.

Important: *Enter an accurate age when queried otherwise a default age of 35 years is used for heart rate calculations.*

The 9.27 model treadmill includes two programs, Heart Rate Fat Burn (P9) and Heart Rate Cardio (P10), which let you exercise based on a specified heart rate. Refer to *Programs*.

During the warm-up period, you can change the incline or speed using the INCLINE and SPEED arrow keys. Tapping the INCLINE key, displays your target heart rate. When the warm-up period ends, the INCLINE keys affect the target heart rate and not the treadmill's incline.

You can adjust your target heart rate after selecting a program and completing the warm-up period.

To use the 9.27 programs, press the PROGRAMS key until the desired program, P9 or P10 appears. For more information, refer to *Programs*.

The 9.23 model does not contain programs that automatically maintain your heart rate within a target zone, but you can monitor your heart rate with any program if you use the touch-sensitive heart rate grips. When you enter your age during the setup prompts, the SmartRate display provides a visual cue that helps you stay within the desired heart rate target zone.

Using the Touch-Sensitive Heart Rate Grips

Note: Touch-sensitive heart rate grip performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the grips are clean to ensure proper contact can be maintained.

To use the touch-sensitive heart rate feature, place the palm of your hands directly on the metal heart rate sensors on the equipment's handlebars. Refer to Figure 7. To ensure a more accurate heart rate readout, make sure you follow these tips:

- Both hands must grip the sensors for your heart rate to register.
- It takes a number of consecutive heartbeats (15-20 seconds) for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the touch-sensitive grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.
- If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

  Note: A chest strap is not included with this model.

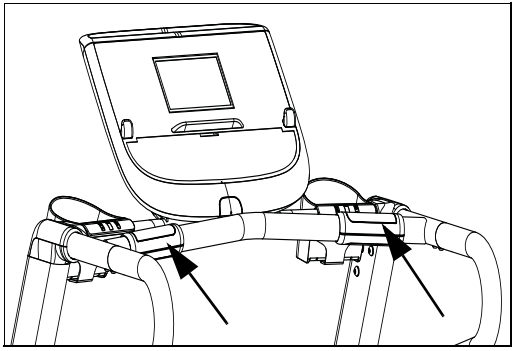


Figure 7: Touch-sensitive heart rate grips

Important: *While exercising, do not grasp the touch-sensitive heart rate grips and wear the chest strap at the same time. The touch-sensitive heart rate grips override the signals from the chest strap transmitter. If used together, inconsistent readings may occur.*

Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs.

After you begin a workout, a blinking bar appears on the SmartRate display. The blinking bar indicates the current zone of your heart rate.

Important: *To use the SmartRate feature, you must choose a program and enter your age during the setup phase of your exercise session.*

Table 1 shows the percents used in calculating the heart rate target zones. While your heart rate remains within these zones, the corresponding bar blinks and provides a visual cue.

The calculation used to determine your maximum aerobic heart rate is (220 minus your age). When you multiply it by the percent indicated in Table 1, you can understand the relation-ship between the blinking SmartRate bar and your target heart rate.

Table 1. Heart rate target zones and SmartRate LEDs

Heart Rate Zone Percent	*SmartRate Bars Lit*	*Blinking*	*Target Zone*
Below 50	none	First	WARMUP
50 to 54	First	Second	WARMUP
55 to 59	Second	Third	FATBURN
60 to 64	Third	Fourth	FATBURN
65 to 69	Fourth	Fifth	FATBURN
70 to 74	Fifth	Sixth	CARDIO
75 to 79	Sixth	Seventh	CARDIO
80 to 84	Seventh	Eighth	CARDIO
85 to 87	Eighth	Ninth	PEAK
Above 87	Ninth	Tenth	HIGH

The SmartRate indicator lights do not appear when:

- You press QUICKSTART at the banner.
- You do not enter your age before starting a program.
- You do not wear or improperly position the chest strap on the 9.27 treadmill.
- You fail to grasp both touch-sensitive heart rate grips for five to ten seconds.

Using a Chest Strap Transmitter (9.27 model only)

WARNING **Signals used by the Chest Strap Transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Consult your physician and the manufacturers of your Chest Strap Transmitter and implanted device before using a Chest Strap Transmitter.**

Wearing a chest strap transmitter during your workout provides steady heart rate information. For the equipment to detect your heart rate, you must grip the touch heart rate sensors or wear a chest strap transmitter while exercising. In the presence of both touch and wireless data, the touch data takes precedence and will display.

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

Important: *While exercising, do not grasp the touch-sensitive heart rate grips and wear the chest strap at the same time. The touch-sensitive heart rate grips override the signals from the chest strap transmitter. If used together, inconsistent readings may occur.*

To use a chest strap transmitter:

Note: A chest strap is not included with this model.

1. Carefully dampen the back of the strap with tap water.

   Important: *Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.*

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
3. Make sure that the chest strap is right-side-up, lies horizontally across, and is centered in the middle of your chest.

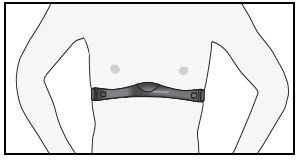


Figure 8: Positioning the chest strap

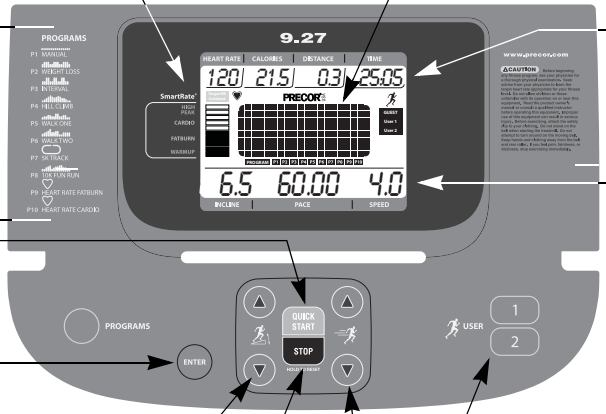
4. Test the chest strap placement by checking the heart rate function on the equipment. If a heart rate is registering, your chest strap placement is correct.
5. If the equipment does not register a heart rate, readjust the strap and recheck the heart rate function.

Heart Rate Analysis

Every time you complete a program using a chest strap (9.27 model only) or the touch-sensitive heart rate grips, your average heart rate appears along with your workout summary statistics. The heart rate analysis is based on how often your heart rate signal is received while exercising. If you use a chest strap on the 9.27 model, the average heart rate will be more accurate than if you occasionally grasp the touch-sensitive heart rate grips.

Display Console

Model 9.27



SmartRate display: *Blinking horizontal bars appear when the SmartRate feature is activated. Use the SmartRate display to monitor your heart rate and maintain it in your target zone.*

PROGRAMS keypad: *To begin an exercise session, press the PROGRAMS key to view the menu of programs. For program descriptions, refer to* Programs.

QUICKSTART: *Press QUICKSTART to begin your workout immediately.*

ENTER key: *Press this key to confirm responses to specific prompts.*

INCLINE arrow keys: *Use the arrow keys to adjust the incline.*

Red STOP key: *Press to pause and stop the running belt. To end a workout, press and hold the key for a few seconds. The display resets to the banner.*

Center display: *Initially shows the banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position.*

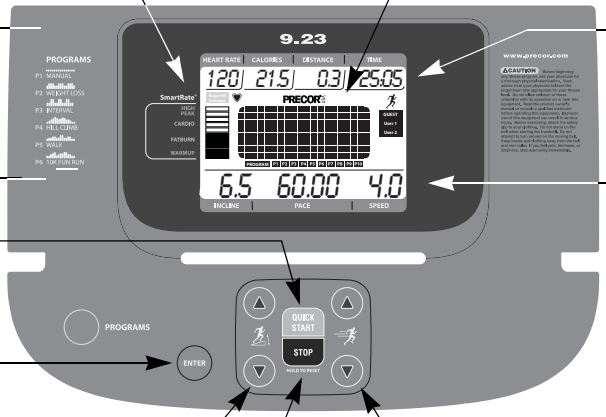
Workout Statistics*: Your heart rate, calories burned, distance travelled, and workout time appear along the upper portion of the display.*

Lower display: *While you exercise, three sets of numbers show information about your session. When you complete a program, the average incline, average pace, and average speed appear as part of the workout summary.*

User 1–2: *Two USER keys are available on the 9.27 treadmill. Press a USER key at the banner to personalize your exercise experience. The information is stored for future exercise sessions.*

SPEED arrow keys: *Use the arrow keys to adjust the speed.*

Model 9.23



SmartRate display: *Blinking horizontal bars appear when the SmartRate feature is activated. Use the SmartRate display to monitor your heart rate and maintain it in your target zone.*

Center display: *Initially shows the banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position.*

PROGRAMS keypad: *To begin an exercise session, press the PROGRAMS key to view the menu of programs. For program descriptions, refer to* Programs.

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Lower display: *While you exercise, three sets of numbers show information about your session. When you complete a program, the average incline, average pace, and average speed appear as part of the workout summary.*

QUICKSTART: *Press QUICKSTART to begin your workout immediately.*

ENTER key: *Press this key to confirm responses to specific prompts.*

INCLINE arrow keys: *Use the arrow keys to adjust the incline.*

SPEED arrow keys: *Use the arrow keys to adjust the speed.*

Red STOP key: *Press to pause and stop the running belt. To end a workout, press and hold the key for a few seconds. The display resets to the banner.*

More Information about the Center Display

The center display shows the program profile and other information pertinent to your workout. In most programs, the incline setting affects the column height as shown in Figure 9. The profile raises or lowers according to which INCLINE arrow key is pressed.

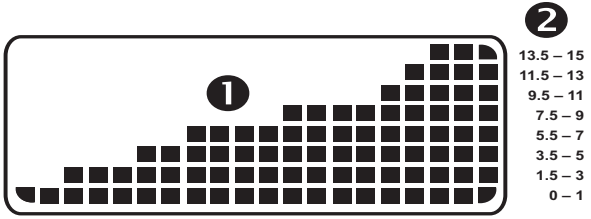


Figure 9: Column height (1) and Incline settings in the program profile

As you continue your exercise session, a blinking column indicates your position in the program. If the profile is only one row in height, then markers (•••••••) appear occasionally and provide a sense of movement through the program.

Note: The center display provides a matrix consisting of 8 rows and 20 columns. You can determine the duration of each column in a program (if the workout time is less than 20 minutes) by dividing the program's time limit by 20. If the workout time is greater than 20 minutes, each column represents 1 minute.

More Information about the Lower Display

The lower display presents the program name when you first select a program. During an exercise session, the lower display consists of three windows, which automatically provide specific information. The two outside windows display your incline and speed. The center window shows your pace. The numbers that appear relate to your workout statistics and are described below.

On occasion, the lower display becomes a message bar and shows additional information depending on user selections and program interludes.

Upper Display Workout Statistics: HEART RATE, CALORIES, DISTANCE, and TIME

HEART RATE–Your heart rate appears in the HEART RATE display if you are using a chest strap (9.27 model only) or the touch-sensitive heart rate grips. Refer to *Heart Rate Features*.

CALORIES–Tracks the cumulative number of calories being burned.

DISTANCE–Tracks linear distance in either miles or kilometers. The distance is calculated based on your speed.

TIME–Displays the workout time in minutes and seconds; however, when you exceed 60 minutes during a single workout, the TIME display converts to hours and minutes. For programs with a workout time limit, the TIME display shows the time remaining. When you use QuickStart or select a workout time of zero (no time limit), the TIME display shows the elapsed time.

Lower Display Workout Statistics: INCLINE, PACE, and SPEED

INCLINE–Displays the percentage of incline during your workout. The INCLINE arrow keys affect the lift and let you set an incline between 0% and 15%. The values displayed can change in 0.5% increments.

PACE–Displays your target speed in minutes and seconds per mile (or kilometer). For example, the number **4:23** indicates that the pace (speed at which you are moving) is 4 minutes and 23 seconds per mile. When you press the SPEED arrow keys, the pace display changes accordingly (0.1 mile per key press).

Note: If your pace is greater than 60 minutes per mile, the display indicates hours and minutes (hr:mm).

SPEED–Displays the running belt speed in miles per hour (mph) or kilometers per hour (kph). The running belt speed ranges from 0.5 and 12 mph (0.8 to 20 kph) and can be changed in 0.1 increments using the SPEED arrow keys.

Keypad

Use the keypad to enter your workout session selections, to affect what appears on the display, and to establish your incline and speed preferences.

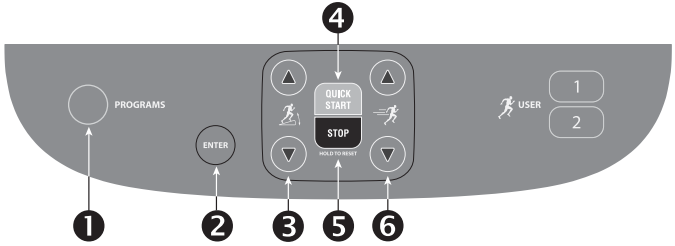


Figure 10: Lower Display keypad

1 **PROGRAMS**: Every time you press this key the display cycles through the available programs. Refer to Table 2. The program profile appears in the center display and the abbreviated name of the program lights along the base of the display. The Guest user is also highlighted to indicate that the choices you make during setup will not be saved when you end your exercise session.

Note: If you selected a USER key on the 9.27 model, the appropriate user bar is highlighted.

Table 2. Available programs

Program Number	*Menu Selections*	*9.23*	*9.27*
P1	Manual	✓	✓
P2	Weight Loss	✓	✓
P3	Interval	✓	✓
P4	Hill Climb	✓	✓
P5	Walk One	✓	✓
P6	Walk Two		✓
P7	5 K Track		✓
P8	Fun Run (10 K)	✓	✓
P9	Heart Rate Fat Burn*		✓
P10	Heart Rate Cardio*		✓

* Use of chest strap (9.27 model only) or the touch-sensitive heart rate grips is required.

2 **ENTER:** Use this key to confirm responses to specific prompts.

3 **INCLINE:** Press and hold the INCLINE arrow keys to increase or decrease the incline from 0% to 15% in 0.5% increments.

Changes to the incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

The incline setting affects the column height in the program profile. Refer to Figure 9. The INCLINE display shows the new setting.

4 **QUICKSTART:** Press QUICKSTART to start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.

5 **STOP:** A firm tap on the red STOP key slows the running belt to a stop and the treadmill enters pause mode. To resume, press QUICKSTART or the SPEED up arrow key. To reset to the banner, hold the red STOP key for a few seconds or press it two more times. Refer to *Pausing During a Workout or the Cool-Down Period*.

6 **SPEED:** Press and hold the SPEED arrow keys to increase or decrease the running belt speed in 0.1 increments from 0.5 to 12 mph (0.8 to 20 kph).

When you press the arrow keys, a target speed appears in the display. The running belt speed changes to meet the target, but the change occurs gradually so the transition is smooth.

Model 9.27 USER Keys

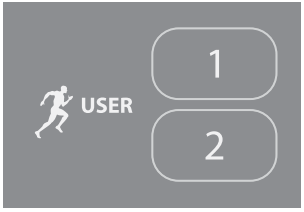


Figure 11: USER keys

User Keys: On the 9.27 treadmill, you can personalize your exercise session by pressing a USER key (1 or 2) at the banner. When you choose a USER key, personal information such as workout time, age, weight, and preferred program are reinstated as your exercise session begins. If you haven't already done so, you'll need to select a user number. For more information, refer to *Selecting a USER Key*.

User Identification

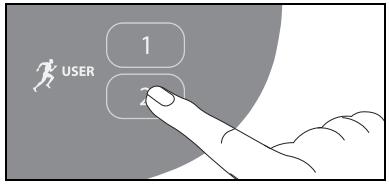
Choose a user identification or USER key to enable the treadmill to identify you and track your cumulative workout statistics. Once you configure your USER key, you can personalize your workout session and store information about your workout time, weight, age and preferred program.

The USER keys on the 9.27 treadmill allow two people to customize, store, and retrieve workout selections.

Initially, you must add a USER so that the treadmill can store exercise session preferences. Once you enter the requested information, it is stored until you opt to change it. You can select the same USER key and your user preferences will automatically be re-instated. Refer to *Adding a User*.

Note: To exit the process of adding or selecting a USER key, press the red STOP key which will return the display to banner. Any user entries are not saved.

Adding a User



Adding a user is the initial step, a one-time selection process. Once you choose a user key and answer the prompts, you can press the same user key every time you work out. Your workout preferences for workout time, weight, age, and program are re-instated.

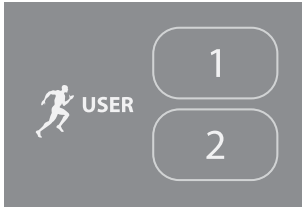
To add a user, take the following steps.

1. At the banner, press a USER key. The prompt, ENTER TIME appears in the display. Use the arrow keys to adjust the workout time, and then press ENTER.
2. In the same manner, answer the remaining prompts for weight and age.

3. Select a program by pressing the PROGRAMS key and then pressing ENTER. Refer to *Selecting a Program*.

   Note: The workout time and program you choose becomes the default the next time you select the same USER key. You have the option to change the program, but if you want to change the workout time, you will need to follow the steps in *Updating User Information*.

Updating User Information



To update user information such as workout time, weight and age, take the following steps:

1. At the banner, press and hold the USER key for at least three seconds.
2. The prompt, ENTER TIME appears in the display. Use the arrow keys to adjust the workout time, and then press ENTER.
3. In the same manner, answer the weight and age prompts.
4. When you enter your age, the previous program scrolls across the display. Select the program by pressing ENTER or change to a different program using the PROGRAMS key. Any changes you make become the default settings for that USER key.

Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

Important: *Before exercising, review the* Important Safety Instructions *found at the beginning of this manual.*

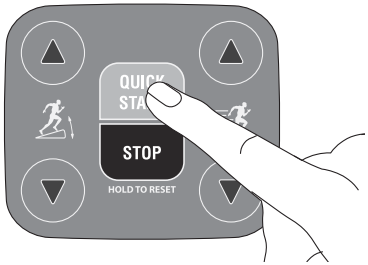
1. Insert the magnetic key into the display console.
2. Straddle the running belt.
3. The Precor banner scrolls across the lower display.

   9.27 prompt: CHOOSE USER, QUICKSTART OR PROGRAM TO BEGIN

   9.23 prompt: CHOOSE QUICKSTART OR PROGRAM TO BEGIN.
4. Hold on to a handrail while stepping on to the treadmill.
5. Face the display and then straddle the running belt by placing your feet on the trim strips provided.
6. Attach the safety clip to your clothing.
7. Grip a handrail with one hand to steady yourself.
8. Select one of the following options:

Option...	***Steps...***
To start exercising immediately	Use the QUICKSTART key. Refer to *Choosing QUICKSTART*.
To view a list of programs	Press the PROGRAMS key. Refer to *Selecting a Program*.
To begin exercising on the 9.27 treadmill using personal preferences	Press your USER key. Refer to *Selecting a USER Key*.

Choosing QUICKSTART



1. While the banner scrolls, press QUICKSTART to enter the Manual Program as a guest user.

   When you use the QUICKSTART key, you enter the MANUAL program as a guest user. There is no time limit and weight and age are set to default values. Each column in the program's profile represents one minute.

   QUICKSTART applies the following defaults:

Prompts	***Default Value***
Program	Manual
Time	Unlimited
Weight	150 lb (68 kg)
Age	35

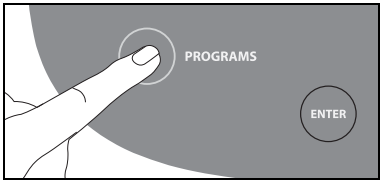
2. Hold onto a handrail and straddle the running belt.

   BELT STARTING scrolls across the display. A 3-second countdown appears in the upper display, and then the running belt starts moving.

3. Step on to the running belt with the speed at or below 1 mph (1.6 kph) and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

   To use the SmartRate feature, you need to specify your age. In this case, review the steps found in *Selecting a Program* or *Selecting a USER Key*.

Selecting a Program



1. While the banner prompt scrolls, continually press the PROGRAMS key to review the list of programs. Choose the program you want, and then press ENTER. For a description of each program, refer to *Programs*.
2. ENTER TIME appears in the display and the Guest bar is highlighted which indicates that your preferences in workout time, weight, and age will not be saved to memory. Use the arrow keys to select a program time between 0 and 90 minutes. Accept the displayed entry by pressing ENTER.

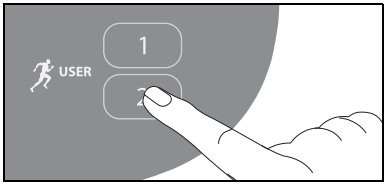
   Each column in the program's profile represents one minute.
3. Continue through the setup phase and enter your weight (23–350 lbs/10–159 kg) and then your age (10–99).

   Note: To change a value (program, weight, or age) that you have already entered press STOP/HOLD TO RESET or wait 30 seconds to return to the banner. Select a program and reenter the appropriate values.
4. Hold onto a handrail and straddle the running belt.

   BELT STARTING scrolls across the display. A 3-second countdown appears, and then the running belt starts moving.
5. Step on to the running belt with the speed at or below 1 mph or 1 kph and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

   Important: *As a GUEST user, you can press QUICKSTART at any of the setup prompts: ENTER TIME, ENTER WEIGHT, or ENTER AGE. Default settings are applied to any prompts you skipped and the running belt starts moving after a 3-second countdown.*

Selecting a USER Key



To start your exercise session using personal identification and preferences set up in *Adding a User*, take the following steps:

1. At the banner, press the same USER key you designated in step 1, *Adding a User*.

   Note: Refer to *User Identification* if you have not previously chosen a USER key.

   The last program associated with the USER key appears. User preferences such as time, weight, and age are re-instated.

   The time or distance goal associated with the displayed program also applies.

2. Press ENTER to select the program being displayed or choose another program using the arrow or the PROGRAMS keys. Refer to *Selecting a Program* for information about how to choose a program.

   Important: *If you make an entry error, press STOP/ HOLD TO RESET or wait 30 seconds to return to the banner.*

   BELT STARTING scrolls across the display. A 3-second countdown appears and then the running belt starts moving.

3. Step on to the running belt with the speed at or below 1 mph (1.6 kph) and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time or distance limit, you automatically enter a 5-minute, cool-down period. The running belt slows by about 20% and the incline returns to 0% grade and the Manual Program appears. To readjust the speed or incline, press the SPEED or INCLINE arrow keys.

A workout summary appears at the end of the cool-down period. Refer to *Ending a Workout*.

Important: *If you exit a program before completing it, the cool-down period is bypassed.*

To prematurely end the cool-down period, do the following:

1. Grasp a handrail with one hand.
2. Press the red Stop key with your other hand. The treadmill enters pause mode.
3. Press red Stop key to view the workout summary.
4. Press red Stop key again to return to the banner.

Important: *Hold on to a handrail extension. Step off the treadmill when the lift has stopped moving.*

Pausing During a Workout or the Cool-Down Period

Press the red Stop key to pause anytime during a workout or during a cool-down period. The pause mode has a 10-minute time limit. The display posts the time and counts down the minutes that remain. If you do not resume exercising within the time limit, the display returns to the banner.

1. To pause, press the red STOP key.

   The display indicates the amount of time remaining in pause mode.

2. To resume exercising from pause mode, press QUICKSTART or the SPEED up arrow key.

   MPH or KPH appears briefly in the SPEED display and indicates whether the display is showing data in U.S. standard or metric measurements.

3. Adjust the running belt speed using the SPEED arrow keys.

Ending a Workout

CAUTION: Hold on to a handrail when you near the end of your exercise session. The incline automatically recalibrates to a 0% grade. If the lift is moving, wait until it stops before stepping off the treadmill.

The running belt stops when you complete the automatic cool-down period and you hear a series of audible beeps. After the running belt stops, time stops accruing.

The workout summary shows your cumulative workout statistics including warm-up and cool-down periods. You can review your workout statistics for a few seconds before the display automatically resets to the banner.

The cumulative statistics in calories, distance and time appear and blink in the upper display fields. Your average heart rate also appears.

Along the lower display, the average incline, average pace, and average speed you maintain during your workout display.

If you choose to exercise with no set time limit, you must manually end a program by pressing the red STOP key. You can also press the SPEED down arrow until the speed is reduced to zero and the running belt stops.

To stop the running belt or end an exercise session at any time, do the following:

1. Grasp a handrail with one hand.
2. Press the red STOP key with your other hand. The treadmill enters pause mode.
3. Press the red STOP key to view the workout summary.
4. Press the red STOP key again to return to the banner.

Important: *Always turn Off and unplug the treadmill when it is not in use. Never leave children unsupervised around the treadmill.*

Programs

This section describes the programs available on the treadmill.

CAUTION: Consult your physician to determine the appropriate target heart rate for your age and fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

The program descriptions are presented in menu selection order.

Choosing a Program

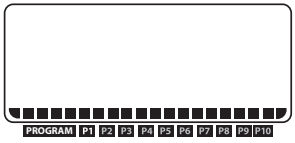
Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness workouts and advice from the experts.

Several exercise choices on the treadmill are pre-programmed with recommendations for incline levels, pace, and alternating intervals. You always have the option to override the suggested levels with the exception of the heart rate control programs on the 9.27 treadmill.

Program Tips

- Begin at the Precor banner. Refer to *Workout Options*.
- A blinking column indicates your position as you progress through a program.
- To use the SmartRate feature, you need to specify your age and wear a chest strap (9.27 model only) or hold on to the touch-sensitive heart rate grips. Refer to *Using SmartRate*.
- To exercise indefinitely in any program, an unlimited exercise time setting may be an available option. Refer to *Selecting a Program*.
- If your level of exertion becomes too great, reduce your pace or change the incline using the SPEED or INCLINE arrow keys to override each upcoming column in the program profile.
- To pause during a program, press the red STOP key. Refer to *Pausing During a Workout or the Cool-Down Period*.
- When you complete a program that contains a time limit or specified distance, the automatic cool-down period begins. Refer to *Cooling Down After a Workout*.
- Cumulative workout statistics appear when you end your exercise session. Refer to *Ending a Workout*.

Manual Program

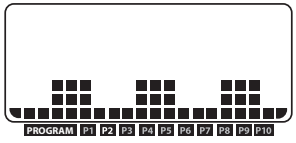


The Manual Program profile, available by pressing the MANUAL key, begins as a flat line. You control incline and speed settings using the INCLINE or SPEED arrow keys. The program profile reflects changes in all subsequent columns. The blinking column indicates your position in the program. A cool-down period occurs automatically when you reach the time goal set for the program. Refer to *Selecting a Program*.

Note: An exception to the cool-down period exists. Refer to *Advanced Programming and Troubleshooting* for more information.

To use the SmartRate feature, you need to specify your age during the setup prompts.

Weight Loss Program



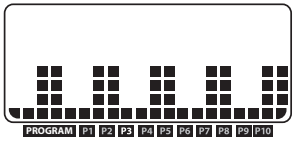
With the Weight Loss Program, the profile width and number of intervals being displayed is affected by the workout time. The workout time is fixed at 28 minutes, so you are not prompted for a workout time.

During the Weight Loss Program, your heart rate should be in the FatBurn range, between 55% and 70% of your maximum aerobic heart rate. Set a comfortable pace and adjust the speed and incline to meet the target range. Refer to *Heart Rate Features*.

Note: To view the heart rate and SmartRate features, you must enter your age during setup and wear the chest strap (9.27 model only) or grasp the touch-sensitive heart rate grips.

Use the INCLINE arrow keys to change the incline for the rest or work interval. When you make changes, the software repeats the settings for the remaining intervals. When you complete the program, any changes made to the incline or speed settings are not saved.

Interval Program



The Interval Program is among the best for conditioning your cardiovascular system. The program raises and lowers your level of exertion repeatedly for a specified period of time. Refer to Figure 12.

When you begin the program, the incline is preset. You can change the incline levels using the INCLINE arrow keys. Refer to Figure 13. The settings are repeated throughout the program.

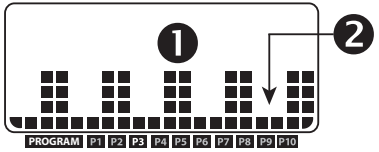


Figure 12: Work (1) and Rest (2) profile for Interval Program

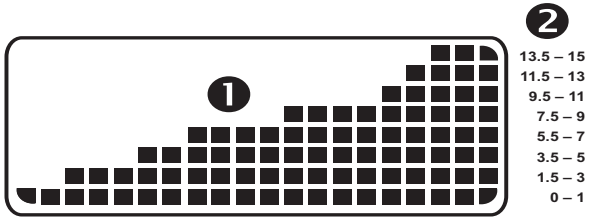
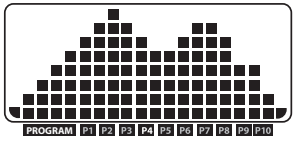


Figure 13: Column height (1) and Incline settings (2)

To change a setting, press the appropriate arrow key and continue. The change is applied to the remaining intervals.

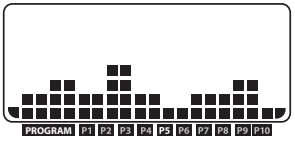
When you complete the program, any adjustments made to the incline settings are not saved.

Hill Climb Program



The Hill Climb Program is great for endurance building. The program uses the full range of incline (0% to 15%). You can change the speed or override pre-programmed inclines using the arrow keys. The blinking column indicates your position in the program. Changes to incline affect only the blinking column.

Walk One Program (9.27 model only)



The Walk One Program is a great cardio-conditioning program for both beginners and serious walkers. The incline is preprogrammed. The percentage of incline and the frequency with which the columns change determine the level of difficulty.

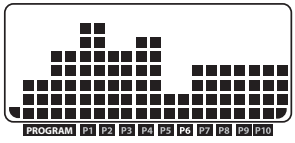
Note: The 9.23 Walk Program is the same as the 9.27 Walk One Program.

All the WALK programs have preset inclines. As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

For more information and to supplement your exercise sessions, visit the Precor web site at www.precor.com.

Walk Two Program (9.27 model only)

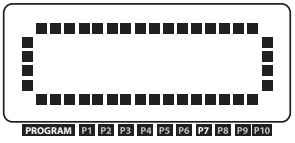


The Walk Two Program is a more intense cardio-conditioning program that provides higher levels of incline than the Walk One Program. As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

The Walk Two Program is a great cardio-conditioning program for serious walkers and runners. Visit the Precor web site www.precor.com for more information and to supplement your exercise sessions.

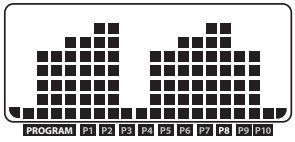
5K Track Run Program (9.27 model only)



The 5K Track Run Program is a great program to run or walk depending on your level of fitness. The distance is fixed at 5 km (3.1 miles) and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys. The program profile appears as an oval track. A blinking indicator shows your position on the track. One "lap" around the track represents 440 yards (400 meters). You will have completed 12½ laps by the time you complete the program.

The TIME display shows the amount of time you have been exercising. For comparison purposes, record your time to note the changes as you increase your fitness and endurance levels.

Fun Run Program



The distance for the Fun Run Program on the 9.23 and 9.27 is fixed at ten kilometers (6.2 miles) and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

Note: On the 9.23 treadmill, the Fun Run Program appears as P6 (Program number 6) On the 9.27 model, the Fun Run Program appears as P8 (Program number 8).

As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

The TIME display shows the amount of time you have been exercising. For comparison purposes, record your time to note the changes as you increase your fitness and endurance levels.

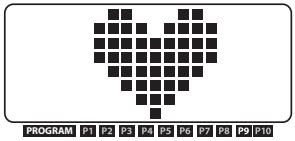
9.27 Heart Rate Program Tips

The 9.27 heart rate programs enhance your overall cardiovascular fitness levels to help you achieve your weight loss and fitness goals. Both monitor your heart rate and adjust the incline to keep you within a specific heart rate target zone while you exercise.

Read the following tips before selecting a program. These tips provide general information regarding how the programs function. For more information and exercise suggestions, refer to the Precor web site at www.precor.com.

- Enter an accurate age when queried otherwise a default age of 35 years is used for calculations. Wear a chest strap (9.27 model only) or grasp the touch-sensitive heart rate grips. If ♥ ? appears in the display, your heart rate cannot be detected. Refer to Troubleshooting Heart Rate Issues.
- Each program provides a 3-minute warm-up period. During this time, you may change the incline or speed.
- When your target heart rate is achieved or the 3-minute period elapses, the warm-up period ends and the program begins. Pressing the INCLINE arrows keys no longer affect the incline. After the warm-up period ends, the INCLINE arrow keys let you change the target heart rate.
- Cool down periods are incorporated into each program.

Heart Rate Fat Burn Program (9.27 model only)



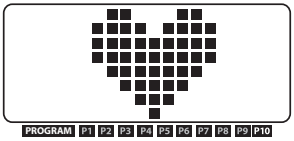
Start with the Heart Rate Fat Burn Program if this is the first time you have used a heart rate program or you are returning to an exercise fitness routine. The target heart rate set for this program is 65% of your maximum aerobic heart rate.

CAUTION: Consult your physician to determine the appropriate target heart rate for your age and fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

Incline changes occur automatically and maintain your heart rate within two beats per minute of your target heart rate while you exercise. If your physician recommends a different target heart rate than the one that appears on the display, you can adjust your target heart rate by using the INCLINE arrow keys once you complete the warm-up period.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

Heart Rate Cardio Program (9.27 model only)



Similar to the Heart Rate Fat Burn Program, the Heart Rate Cardio Program on the 9.27 treadmill maintains your target heart rate within two beats per minute of your target heart rate. The target heart rate for this program is set at 80% of your maximum aerobic heart rate. Use this program if you are already familiar with heart monitored-type programs and you want to keep your target heart rate in the higher cardiovascular range.

CAUTION: Consult your physician to determine the appropriate target heart rate for your age and fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

Incline changes occur automatically and maintain your heart rate within two beats per minute of your target heart rate while you exercise. If your physician recommends a different target heart rate than the one that appears on the display, you can adjust your target heart rate by using the INCLINE arrow keys once you complete the warm-up period.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

Advanced Programming and Troubleshooting

Certain features remain hidden and can only be accessed using special key presses. Read this section if you want to:

- Change the display to U.S. standard or Metric
- View the odometer
- Display the number of hours you have used your treadmill
- View the software versions and part numbers

Advanced Programming Tips

- You have a 2-second window to access diagnostics mode. During this 2-second period, you need to press the appropriate keys quickly and without pause.
- Exit the diagnostics mode by pressing the STOP/HOLD TO RESET key for two or more seconds.
- The advanced programming prompts appear sequentially and in a menu format. Pressing the arrow keys moves you through the programs. Press OK to choose or accept the displayed selection. To return to the banner without saving any changes, press the red STOP key.

Selecting a U.S. Standard or Metric Display

The treadmill can display measurements in either METRIC or U.S. STANDARD. The default factory setting is set to display U.S. STANDARD. To change this setting, perform the following steps:

1. Remove the magnetic safety key.
2. Replace the magnetic safety key and within 2 seconds press the following keys:

   STOP, INCLINE ▼ and SPEED ▲
3. UNIT CHANGE appears in the display. Press ENTER to continue or press STOP to return to the banner.
4. If you press ENTER, the current unit of measure (US STANDARD or METRIC) appears in the display.

   Any arrow key lets you alternate between the prompts.

   Note: Changing the display to metric measurements affects the default settings. Distances and the odometer values are converted to and appear in kilometers (KM). Speed appears in kilometers per hour. If you use QUICKSTART, the weight is set at 68 kg.

5. Press ENTER to accept the displayed setting.

   The change will be retained in memory even if the treadmill is turned Off and unplugged.

6. If you want to exit without saving the change, press STOP.

Informational Displays

The treadmill provides information about its use (odometer and hour meter), as well as the software version. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through the informational displays.

Viewing the Odometer

1. Remove the magnetic safety key.
2. Replace the magnetic safety key and within 2 seconds press the following keys:

   STOP, INCLINE ▲ and SPEED ▼

   Note: If the keys are not pressed within the 2-second window, the banner appears and you must begin again.

3. ODOMETER appears in the display.

   The software version appears in the center display. The odometer value (the cumulative miles or kilometers users have traveled) appears in the DISTANCE display. The furthest digit on the left marks the hundred-thousandths position, while the furthest digit to the right indicates tenths of a mile or kilometer.

   The TIME display provides the hour meter (the number of hours the unit has been in use). If you have not used the treadmill for more than an hour, a zero will appear in the TIME display.

4. To exit without making changes, press STOP.

Red Reset Button

A red button, near the power switch, resets the treadmill's circuit breaker. If the running belt stops unexpectedly and all display console functions cease, the circuit breaker may have been tripped.

To reset the system, take the following steps:

1. Use the power switch beneath the front panel to turn the treadmill Off.
2. Make sure the treadmill is located away from heating ducts. If necessary, move the treadmill to an appropriate location. Refer to *Location*.
3. Wait a few minutes. Make sure the magnetic safety key is properly positioned on the display console.
4. Push the red reset button, and then turn the treadmill On.
5. Check the display to verify that the Precor banner is scrolling across the display. If the display remains blank, call Precor customer support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*

Troubleshooting Error Codes

Initially, when the unit is turned On, the display lights all the LEDs. If any are dark, call an authorized service person for assistance.

The following table shows the error codes that may appear in the display. If you see these error codes, call an authorized service person for assistance because the treadmill needs to be recalibrated.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*

Code	***Description***
E3	EEPROM error.
E26	Speed signal is not being received.
E40	A problem occurred with the lift.

Troubleshooting Heart Rate Issues

The following chart may help you understand and troubleshoot erratic heart rate readings.

Note: The following chart does not apply to the 9.23 treadmill where it concerns the chest strap since the chest strap is only available on the 9.27 model. A heart rate is detectable when the Precor heart rate receiver is properly installed in the display and the unit is turned ON. The touch-sensitive grips are available on both models.

Table 3. Erratic heart rate readings

What appears on the display	*Cause*	*What to Do*
Nothing	The heart rate receiver is not installed or it has been disconnected.	***Important:*** *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*
– – –	A signal is being detected, but the transmission requires more time to establish a heart rate.	Begin your workout and your heart rate should appear if you are wearing a chest strap or holding the touch-sensitive grips.
♥ ?	Heart rate is not detected when you access the Heart Rate Control Programs.	Be sure the chest strap is moist, centered and in direct program contact with your skin. Stand within three feet of the display and face it. Allow a few seconds for the receiver to detect a signal. If using the touch-sensitive heart rate grips, use both hands and make sure your hands are moist, not dry.

Note: To conduct electrical impulses from a user's heart, the electrode strips on the chest strap must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the heart rate feature.

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.**

Inspection

Inspect the treadmill daily.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

   Important: *If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit Off, and then unplug the power cord from its power source. Remove the magnetic safety key and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.*

2. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing.

To order parts or to contact a Precor authorized service provider in your area.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

Precor recommends the treadmill be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using.

Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt.

Storing the Chest Strap

Store the chest strap in a place where it remains free of dust and dirt such as, in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*

CAUTION: Special care must be taken when aligning the running belt. Turn Off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit On.
3. Stand beside the treadmill and press QUICKSTART.

   The running belt starts automatically after a 3-second countdown appears on the display.
4. Press the SPEED up arrow key until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP key. Contact Precor Customer Support.
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running belt. If the belt drifts off center, you must make adjustments. Refer to *Adjusting the Running Belt*.

   Important: *Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press the red STOP key.
7. Turn the treadmill Off.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (Figure 3).*

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill. Refer to Diagram 14.

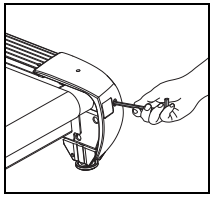


Figure 14: Location of the adjustment bolt

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt ¼ turn *clockwise*; this moves the belt to the left.

Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*

2. Recheck the alignment of the running belt by repeating the steps found in *Checking the Alignment of the Running Belt*.

Long-Term Storage

When the treadmill is not in use for any length of time, turn it Off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment.

Notes:

9.23/9.27 Low Impact Treadmill

Product Specifications

Length:	80.86 in (205.4 cm)
Width:	31.14 in (79.1 cm)
Height:	53.86 in (136.8 cm)
Weight:	9.23 - 226.6 lb (103 kg) 9.27 - 237.6 lb (108 kg)
Shipping weight:	9.23 - 279.4 lb (127 kg) 9.27 - 291.5 lb (132.5 kg)
Running surface:	20 in x 57 in (51 cm x 145 cm)
Motor:	3.0 hp continuous duty
Power:*	120 VAC, 50/60 Hz 240 VAC, 50 Hz
Speed:	0.5–12 mph (0.8–20 kph)
Incline:	0%–15% grade
Frame:	Powder-coated steel
Regulatory Approvals:	FCC

* See the product label to determine the operating voltage of your equipment.

Product Features

QUICKSTART™
SmartRate®
Touch Heart Rate
User IDs (2) - 9.27 only
Safety Code

Programs

PROGRAMS	9.23	9.27
Manual	✓	✓
Weight Loss	✓	✓
Interval	✓	✓
Hill Climb	✓	✓
Walk	✓	
Walk One		✓
Walk Two		✓
5K Track Run		✓
Fun Run	✓	✓
Heart Rate Fat Burn		✓
Heart Rate Cardio		✓

† Appears when you select a USER key.

Electronic Readouts

Age	Program Name
Calories	SmartRate*
Distance	Speed
Heart Rate*	Time
Incline	User 1 or User 2 (9.27 only)
Pace	Weight
Profile	Workout Summary
Telemetry Heart Rate*	

* Use of chest strap or touch-sensitive heart rate grips is required.

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